



# Newsletter

## SUMMER 2013

*This quarterly e-newsletter from the National Institute on Drug Abuse will give you information and ideas for planning local events to help teens shatter the myths about drugs and drug abuse.*

### FEATURES

#### Dates set for National Drug Facts Week 2014 and Drug Facts Chat Day!

Mark your calendar for the fourth annual National Drug Facts Week (NDFW) to be held January 27 to February 2, 2014. With your help, we can greatly surpass last year's milestone of 537 events, with at least one event held in every state.



NIDA scientists will once again personally answer questions about drug use from students, parents,

and teachers during Drug Facts Chat Day on January 31, 2014. At last year's Drug Facts Chat Day, 40 NIDA and other scientists answered almost 2,000 questions about drugs and addiction from 56 participating schools. [Check here](#) for the transcript of questions and answers.

To find out more information about National Drug Facts Week or Drug Facts Chat Day, contact **Brian Marquis, Public Health Liaison**, at [bmarquis@nida.nih.gov](mailto:bmarquis@nida.nih.gov)

***Thank you to our NDFW event organizers!***

#### Forward To A Friend »

this newsletter with a colleague or friend.

#### Subscribe »

to receive this quarterly newsletter.

#### Register »

your National Drug Facts Week event.

### BLOG

**The Sara Bellum Blog shares the truth about the effects of drugs on a teenager's brain.**

**Check out these helpful blog posts:**

- [Be Aware for Your Brain: Drugs Change Critical Parts](#)
- [Cocaine and the Teen Brain](#)
- [Smoking: How It Primes the Brain for Addiction](#)
- [Teen Brain, a Work in Progress](#)
- [Can Smoking Marijuana Actually Lower Your IQ?](#)
- [Real Teens Ask: Got Alcohol on the Brain?](#)
- [Binge Drinking Matters—To Your Brain](#)

A big thank you again to those individuals and organizations who participated in National Drug Facts Week 2013. As a token of our appreciation, NIDA mailed each organization a Certificate of Participation. If you did not receive yours, please contact Brian Marquis at [bmarquis@nida.nih.gov](mailto:bmarquis@nida.nih.gov).



## ***NIDA Welcomes our Signature Event Partners for NDFW 2014***

These Signature Event Partners will help promote NDFW to their members and help them get involved by organizing drug facts educational events and activities. Welcome, partners!

### ***National Organization for Youth Safety***

**NOYS** is a coalition of national organizations that promote youth empowerment and leadership and builds partnerships that will save lives, prevent injuries, and promote safe and healthy lifestyles among all youth. The NOYS coalition represents over 70 national, youth-serving and youth-led organizations, including non-profit organizations, business and industry leaders, and government agencies, with the common goal of promoting safe and healthy behaviors among our nation's youth.

NOYS has a variety of youth programs including the [Teen Distracted Driving Summit](#) coming up this September, [Global Youth Traffic Safety Month](#), [Act Out Loud](#), [UnderYOURInfluence](#), [TeenRSA](#) and many others. Welcome, NOYS!

For more information email [info@noys.org](mailto:info@noys.org).



National Association of County and City Health Officials (**NACCHO**) represents approximately 2,800 local health departments across the United States that work to secure health, equity, and security for all people in their communities through public health policies and services. As the national voice for local health departments, NACCHO serves as a leader, partner, and catalyst to ensure the

## **HEALTH OBSERVANCES**

**SEPT**  
**2013**

**National Recovery Month**

**SEPT**  
**2013**

**National Organizations for Youth Safety's 2013 Teen Distracted Driving Prevention Summit**

**OCT**  
**2013**

**National Substance Abuse Prevention Month**

**OCT**  
**2013**

**American Pharmacists Month**

**OCT**  
**9**

**4-H National Youth Science Day**

**OCT**  
**23**

**Red Ribbon Week**

**NOV**  
**3**

**Drowsy Driving Prevention Week®**

## **RESOURCES**

***NIDA's Easy-to-Ready Drug Facts Website***

conditions that promote health and equity, combat disease, and improve the quality and length of all lives. NACCHO provides resources to help local health department leaders develop public health policies and programs to ensure communities have access to the vital programs and services people need to keep them protected from disease and disaster. Welcome, NACCHO!

For more information, email [info@naccho.org](mailto:info@naccho.org)



### ***Did you catch Dr. Nora Volkow on the Katie Couric show on February 28?***

NIDA Director Dr. Nora Volkow appeared on "Katie" February 28, 2013, to answer questions on teen drug abuse. The episode, titled "What Your Kids Are Doing That You



Don't Know About," included an expert panel discussion on the best ways for parents to talk about drugs and other dangerous behaviors with their children. [Watch it here.](#)

### ***New NIH-funded research shows effectiveness of community-based, substance abuse prevention interventions begun during middle school years.***

In a recent research study, middle school students from small towns and rural communities who participated received any of three community-based prevention programs were less likely to abuse prescription medications in late adolescence and young adulthood. The research, published today in the American Journal of Public Health, was funded by NIDA, the [National Institute on Alcohol Abuse and Alcoholism](#) and the [National Institute of Mental Health](#), all components of the National Institutes of Health. Could these programs be implemented in your community? [Read more.](#)

### ***Study of "screen time" on mood, memory, and cognition wins top NIH Addiction Science Award.***

This easy-to-use website focuses on drug abuse, addiction and treatment. It includes pictures and videos to help readers understand the content, and the pages are easy to print out to share with people who do not have computers. The website also includes audio links that read aloud each page. To learn more about this feature, visit [Tools and Resources.](#)

### ***Free Drug Abuse Education Materials for Teens***



The NIDA for Teens website offers drug abuse information written for teens, as well

as drug abuse education materials designed for educators to use with teens. NIDA recently reorganized the NIDA for Teens materials so you can easily access and use them. Check out the updated resources:

- [Sara Bellum Blog](#): Short, articles about drug abuse, addiction and related topics.
- [Choose Your Path Videos](#): These videos illustrate common scenarios where teens might abuse prescription drugs. Teens can decide what decisions the characters make and watch how their decisions unfold.
- [Test Your Knowledge](#): Online quizzes that provide answers and explanations about drugs and their effects
- [Downloads](#): Stickers, t-shirt iron-ons and posters with drug abuse prevention messages.
- [Educational Activities](#): Exercises that explore how drugs affect teens' brains and bodies.

An exploration of electronic “screen time” and sleep on mood, memory, and learning was given the top Addiction Science Award at the 2013 Intel International Science and Engineering Fair (ISEF)—the world’s largest science competition for high school students. The awards are coordinated by NIDA and the Friends of NIDA, a coalition that supports NIDA’s mission.



First place distinction was awarded to Zarin Ibnat Rahman, a high school junior at Brookings High School in Brookings, South Dakota, for her project, “The At-Risk Maturing Brain: Effects of Stress Paradigms on Mood, Memory and Cognition

in Adolescents and the Role of the Prefrontal Cortex.” The 16-year-old hypothesized that excessive screen time with computers, phones and other electronic devices serves as a stressor ultimately affecting mood, academic performance and poor decision making. She hopes teens will rethink the amount of time they spend on these devices after reading about her project.

[Read more.](#)

## SPOTLIGHT

### ***NIDA Salutes Child Mind Institute’s Speak Up for Kids Campaign***

Each May, the Child Mind Institute’s Speak Up for Kids campaign promotes children’s mental health and eliminates barriers to care.

Its goals are to:

- Reduce the stigma and shame associated with mental illness by showing how real, common and treatable it is
- Intervene early to prevent and address mental health problems and learning differences
- Teach people to recognize the signs and symptoms of mental health disorders and the effectiveness of seeking help
- Increase awareness about barriers to care and how to overcome them
- Encourage people to speak up and seek help early
- Increase research in the field of child and adolescent mental health
- Transform children’s lives.



The centerpiece of this year’s Speak Up for Kids campaign was a series of marquee events—live streamed talks and roundtable discussions by our nation’s mental health leaders—that exposed and addressed the real



barriers that stand in the way of effective mental health care for children and families. This year's headliners included presentations by NIDA Director Dr. Nora Volkow, U.S. Congressman Patrick Kennedy and National Institute of Mental Health Director, Dr. Tom Insel. Launched on May 1, 2013, the Speak Up for Kids campaign website continues to host streamed, live event as well as videos, publications, materials and other useful tools, such a Symptom Checker, Mental Health Guide, and Guide to Getting Good Help.



The National Institute on Drug Abuse (NIDA) is part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the United States Government. NIH is a component of the U.S. Department of Health and Human Services.